

Happy Summer Families!

We appreciate your continued trust in us. At **Nutrition Camp** your child will grow in multiple ways. Our nutrition camp program is in alignment with the Y's mission; to put Christian principles into practice through programs that build healthy spirit, mind and body for all. Our quick "day" is broken up into 4 main parts; craft, nutrition lessons, snack time, physical activities. In order to maximize our time, every minute has to be spent efficiently.

Nutrition campers will:

- Become more independent by learning how to prepare easy nutrition snack for themselves
- Become more self-aware of keeping their bodies healthy
- Learn more about empathy & equity towards others and the YMCA core values: caring, honesty, respect, responsibility and faith
- Gain a greater understanding of how healthy choices impact the body

Nutrition specialty camp time: Monday – Friday 9:00am – 12:00pm

- For the safety of **ALL** of our campers, guardians are not able to stay, drop by or interact with campers
- In the event of an **emergency or** for immediate help during camp time please call:
Membership (803-773-1404) or the Youth Department (803-774-2511)

Drop off: FRONT of the building in the Community Health Room (located in the front lobby)

- Staff will be in the room promptly at **9:00am** for check in ***Campers may not be left unattended**
- Please make sure camper is dressed appropriately to do physical activities

Pick up: FRONT of the building across from membership promptly at **12:00pm**

- We will make every attempt to be on time to meet you at the front entry way

Specialty Camp Extension: If your child is registered for an extended day

- they will be dropped off at the Youth Dept. at **12:00pm** for lunch
- Please confirm with the Youth Department that your camper is registered

Restrooms: 2 general use restrooms are available for boys and girls separately

- **NO** child will ever be in less than a group of 3 while in our care
- They will **be expected to be fully independent with their clothing and belongings**

What to bring or not bring to bring:

- Bag or book bag to hold all of their things
- Tennis shoes
- Filled water bottle
- Special toys that are valuable to your camper should remain at home

Please feel free to reach out to cmason@ymcasumter.org if you have any additional questions or concerns.